

# Kentucky Department of Education

## Course Standards for 2019-20 and Beyond

Course Code: 340138

Course Name: 8<sup>th</sup> Grade Health Education

Grade level: 8

Upon course completion students should be able to:



### Standards

#### Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 8.1.1. Explain why using alcohol or other drugs is an unhealthy way to manage stress and describe the relationship between using alcohol and other drugs with other health risks.
- 8.1.2. Explain the relationship between access to healthy foods and personal food choices and identify healthy and risky approaches to weight management.
- 8.1.3. Explain the causes, symptoms and effects of depression, anxiety and common eating disorders. 8.1.4. Explain the benefits of living in a diverse society.
- 8.1.5. Differentiate healthy and unhealthy relationships.
- 8.1.6. Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases and summarize health practices to prevent the spread of disease.
- 8.1.7. Explain climate-related physical conditions that affect personal safety.
- 8.1.8. Describe first response procedures needed to treat injuries and other emergencies.
- 8.1.9. Describe the factors that contribute to and that protect against engaging in sexual behavior and explain the importance of setting personal limits to avoid sexual risk behaviors.
- 8.1.10. Describe usual signs and symptoms of common STDs.
- 8.1.11. Describe situations that could lead to the use of tobacco and explain reasons most individuals do not use tobacco products.
- 8.1.12. Describe how power and control differences in relationships can contribute to aggression and violence and describe how prejudice, discrimination and bias can lead to violence.
- 8.1.13. Explain that rape and sexual assault should be reported to a trusted adult.

#### Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 8.2.1. Examine how school rules, public health policies and laws can influence personal health and behaviors.
- 8.2.2. Evaluate prevention strategies that reduce health risk behaviors and explain the influence these strategies have on personal choices.

#### Standard 3

Access valid information, products and services to enhance health.

- 8.3.1. Explain health-related situations that call for professional prevention or intervention services.
- 8.3.2. Investigate and analyze valid and reliable health-related products and services.

# Kentucky Department of Education

## Standards

- 8.3.3. Locate and access valid and reliable personal health and wellness information from home, school or the community.

### Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 8.4.1. Apply effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors/relationships.
- 8.4.2. Demonstrate how to ask for assistance to enhance the health of self and others.
- 8.4.3. Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- 8.4.4. Demonstrate effective conflict management and/or resolution strategies.

### Standard 5

Use decision-making skills to enhance healthy behaviors.

- 8.5.1. Predict when health-related situations require the application of a thoughtful decision-making process.
- 8.5.2. Analyze healthy options when making a decision about health-related issues or problems.
- 8.5.3. Apply a decision-making process to avoid or refuse healthy and/or unhealthy behaviors.

### Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 8.6.1. Apply strategies and skills needed to attain personal health goals.
- 8.6.2. Explain how personal health goals can vary with changing abilities, priorities and responsibilities.
- 8.6.3. Set and implement a goal that maintains or improves personal health and/or wellness-related behavior.

### Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 8.7.1. Analyze and explain personal health practices and behaviors that reduce or prevent health risks.
- 8.7.2. Defend the importance of demonstrating healthy practices and behaviors to improve the health and wellness of self and others.

### Standard 8

Advocate for personal, family and community health.

- 8.8.1. Propose a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others.
- 8.8.2. Design an advocacy campaign to influence and support others to make behavior choices to improve personal health and wellness.